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LUNCH RUSH
LA BAMBA'S MEXICAN MENU KEEPS IT SIMPLE
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REEL HOCKEY
GEAR UP FOR THE STANLEY CUP WITH THESE FLICKS
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WINNIPEG metro®

Tuesday, April 12, 2011
www.metronews.ca

News worth sharing

Province adding cops

Manitoba has funded an additional 225 police officers since 1999 RCMP police 99 per cent of province

MORGAN MODJESKI/FOR METRO

▶ Keith McCaskill, chief of Winnipeg police, is eyed by Premier Greg Selinger.

MORGAN MODJESKI
WINNIPEG@METRONEWS.CA

The Manitoba government announced yesterday it will be adding 66 officers to police services provincewide, 32 of whom will be in Winnipeg.

The RCMP provincial police service will receive 20 officers, RCMP municipal policing will receive seven, the Dakota Ojibway police service will receive two and independent municipal police services will get 37 officers.

"The most important part of public safety is to have front-line officers on the street and in the communities," said Premier Greg Selinger.

The additional officers will help existing RCMP services in rural and northern communities, said RCMP Assistant Commissioner Bill Robinson.

"We face very high workloads in a lot of these communities," said Robinson. "Placing officers in our municipal contract communities as well as our First Nations community will do nothing but assist us."

The warlock would win by a landslide

Actor Charlie Sheen is more recognizable to Winnipeggers than the four federal party leaders, an informal poll finds {page 3}

Dish

Halle Berry is done with marriage

Actress decides she's 'not the marrying kind' after past heartache {page 8}

Canada

Tories misled Parliament, says draft G8 audit

Report suggests funding approval process may have been illegal {page 4}

Wellness

Prime mind and body for baby with yoga

Counter stress related to infertility with three simple poses {page 10}

1 news

Flood closes Ness Avenue

Ness Avenue has been closed due to water creeping over the street Sunday night.

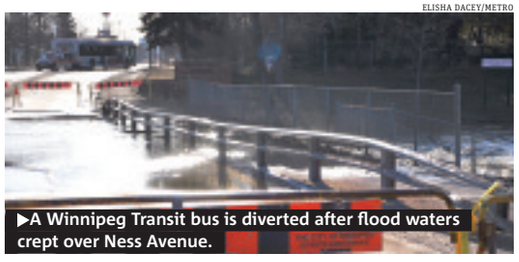
Sturgeon Creek is surging due to spring run-off and the weekend's precipitation, leading to the road closure. Winnipeg Transit buses and traffic were diverted yesterday morning.

Manitoba Water Stewardship said they are continuing to monitor other roads, including Highway 75 south of Morris, which may close today.

The province said a precautionary partial ringdike closure in Morris will likely happen today as well to address forecasted winds that may push water closer to the town's dikes.

Water levels at the floodway have risen about .09 metres. While Fargo, N.D.'s rain Sunday will not add to the Red River's crest there, it will likely sustain it longer, said flood forecasters. ELISHA DACEY

ELISHA DACEY/METRO



▶A Winnipeg Transit bus is diverted after flood waters crept over Ness Avenue.

'Education opens doors for everyone'

Manitoba schools encourage diversity, welcome students from every corner of the globe

MORGAN MODJESKI
WINNIPEG@METRONEWS.CA

Grade 2 students at Dalhouise School were joined by Manitoba Education Minister Nancy Allan to kick off Education Week, which runs from April 11 to April 15.

The theme for the weeklong event is "Our Classrooms are the World," accenting the strong cultural diversity of Manitoba classrooms.

"Education opens doors for everyone, regardless of our background," said Allan. "Education is the equalizer. You can do anything you want to do in this world if you have an education."

"Being successful in school is one of the best ways to help children achieve happiness and success in life."
NANCY ALLAN, MINISTER OF EDUCATION

Educators in Manitoba teach children about diversity and how important it is to be respectful of other students, adding a sense of belonging is extremely important to diversity in Manitoba schools, said Allan.

After the kickoff, Allan helped Grade 2 students with plasticine artwork depicting the flag of their home country.

MORGAN MODJESKI/FOR METRO

▶ Nancy Allan, Manitoba education minister, plays nice with others.

Spring means familiar insects emerge again, but some pose real health risks. Scan code for story.

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Allan Small on why investors should keep a wary eye on rising oil prices.

More at metronews.ca/investing

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Siloam Mission to add housing

Details are scarce, but Winnipeg's most prominent mission said it has purchased a site that will "have major impacts for people experiencing homelessness in Winnipeg."

In a press release sent out Friday, Siloam Mission said it will announce a big expansion tomorrow at 10 a.m.

It is currently located at 300 Princess St. in the heart of the Exchange District. ELISHA DACEY

News in brief

More money for fat kids

The province announced a $75,000 increase to current healthy food and nutrition programs, this time aimed at northern remote communities.

Money will go to the Northern Healthy Foods Initiative and the Child Nutrition Council of Manitoba, among others. METRO

Katz looks for special seniors

Mayor Sam Katz announced the third year of the Mayor's Senior of the Year Awards.

People are asked to nominate deserving seniors by visiting the mayor's page at winnipeg.ca and filling out the forms. METRO

Keepsake book launches today

The Canadian Cancer Society is launching a book celebrating its Cancer Connections exhibit.

The book is a large series of photographs detailing how cancer affects Canadians. METRO

Two teens arrested for bear spraying at school

Two teenaged boys have been arrested after they allegedly attacked staff and students with bear spray at Ecole George V School April 7. The two teens, 16, are facing charges of possession of a weapon for dangerous purpose and carrying a concealed weapon. ELISHA DACEY

Thug holds up gas bar

A young man held up a gas bar on Watt Street, brandishing a weapon before making off with cash and cigarettes. Police said they're looking for a slim man with pale skin, 20-25 years old and about six feet tall. Police said the man robbed the gas bar at about 3:20 p.m. on April 9.
ELISHA DACEY

Two arrested in cab theft

Two men have been arrested after Winnipeg police say a taxi cab driver was robbed of his money — and his cab.

Police say two men took the cab at about 9 p.m. Sunday night after first robbing the driver of all the money in the cab. They then took off in the cab and subsequently crashed it near Bishop Grandin Boulevard and River Road.
ELISHA DACEY

Charlie Sheen could be prime minister

Actor recognized by Winnipeggers more than the current PM ◗ Ignatieff recognized almost as often as Harper ◗ Barely anyone knows who Elizabeth May is ◗ Respondents express frustration with campaign during flood crisis

WIKIMEDIA.ORG

Charlie Sheen
Recognized by: 39/40

Only one person did not recognize the former Two and a Half Men star, but he prompted the most reaction, including one man eating lunch in Winnipeg Square, who said "The dude is cracked out. I can't believe people are buying tickets to his show."

SEAN KILPATRICK/THE CANADIAN PRESS

Stephen Harper
Recognized by: 31/40

Being PM isn't all it's cracked up to be, as nine people didn't recognize the Prime Minister.

One older gentleman identified him as Mayor Sam Katz (sorry Sam!) and a young woman at the University of Winnipeg asked if he was an insurance pitchman for a U.S. insurance company.

PAUL CHIASSON/THE CANADIAN PRESS

Jack Layton
Recognized by: 24/40

NDP Leader Jack Layton was recognized by about 60 per cent of respondents, prompting many comments about his trademark moustache.

One man in Winnipeg Square said he recognized Layton due to "the hair on his face and the bald on his head."

NATHAN DENETTE/THE CANADIAN PRESS

Michael Ignatieff
Recognized by: 30/40

The leader of the Liberal party was recognized by almost as many people as Harper, but didn't fare very well.

One woman identified him as CBC Hockey Night in Canada host Ron MacLean, while another woman at the Forks asked if he was local councillor Gord Steeves.

FRANK GUNN/THE CANADIAN PRESS

Elizabeth May
Recognized by: 8/40

Lizzie has a lot of catching up to do if she wants 'Peggers to recognize her as the Green party leader.

May got the most confused looks and "I don't knows," especially in Winnipeg Square. One man identified her as ex-councillor Lillian Thomas; another said "I think her name is Maggie or something."

ELISHA DACEY
@METRONEWS.CA

Apparently, winning really is everything.

An informal survey done by the Metro Winnipeg newsroom reveals that actor Charlie Sheen is more recognizable than all the wannabe PMs.

40

The number of people took part in our informal poll at three different spots: Outside the University of Winnipeg, in the food court at Winnipeg Square, and at the Forks Market.

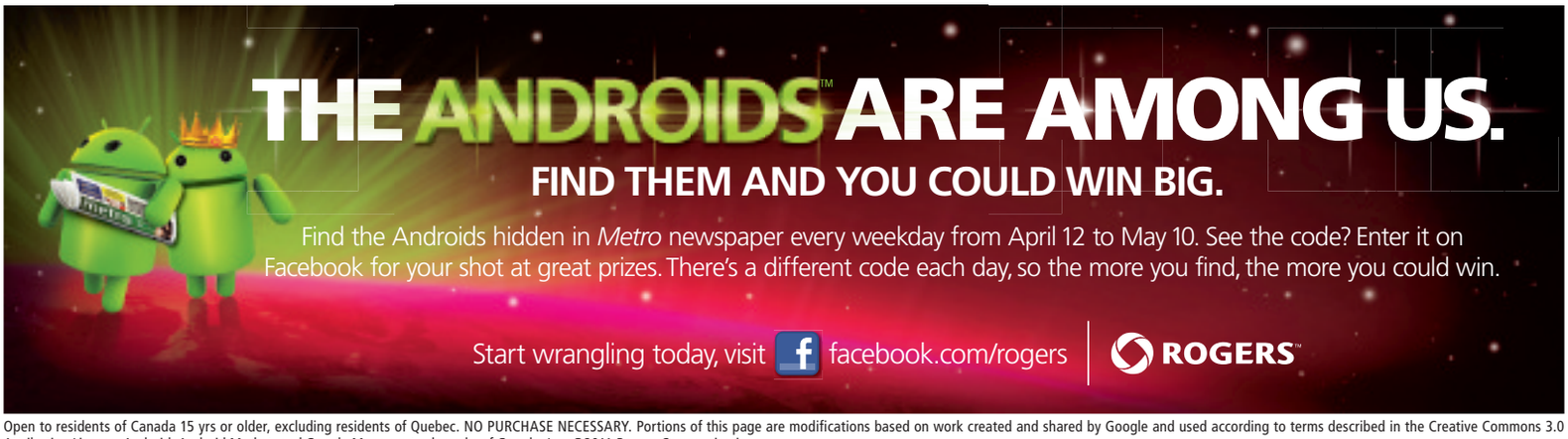
We asked local 'Peggers if they could recognize any of the five pictures we presented to them, four of which were the party leaders for the upcoming federal election, and the fifth was the profanity-laden, crazy-talk-spewing, recently fired touring actor Sheen.

Based on recognition alone, Sheen would win in a landslide, with only one person unable to identify the actor.

Both Stephen Harper and Michael Ignatieff were recognized by many, while Jack Layton and Elizabeth May rounded out the bottom of the five.

Participants were marked correct if they could identify the leader or the party they belonged to.

For more local news, visit metronews.ca/winnipeg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Tories misled House: Report

Leaked draft of auditor general's report says Tories spent lavishly on dubious projects for the G8 summit

Election 2011

The opposition calls it explosive: a bombshell draft report by Canada's auditor general, complete with charges of pork-barrel largesse, dubious government spending and a "misinformed" Parliament.

The Conservatives call it a dud.

Either way, the early draft of Sheila Fraser's forthcoming report, a chapter of which was shown to The Canadian Press, promises to rattle podiums today when the televised leaders' debates get underway.

Fraser's confidential Jan. 13 draft says the government misinformed Parliament to win approval for a $50-million G8 fund that lavished money on questionable projects in Industry Minister Tony Clement's riding.

And it suggests the process by which the funding was approved may have been illegal.

"I don't know how Canadians can have confidence in a government that treats public money in this way."
LIBERAL LEADER MICHAEL IGNATIEFF

Conservative cabinet minister John Baird insisted yesterday that the final report differs from the draft — most notably in that it doesn't say the government "misinformed" Parliament.

"The report has changed considerably," said Baird.

The draft says a local "G8 summit liaison and implementation team" — Industry Minister Tony Clement, the mayor of Huntsville, Ont., and the general manager of Deerhurst Resort, which hosted the summit — chose the 32 projects that received funding, without apparent regard for the needs of the summit or the conditions laid down by the government.

It was common knowledge the Conservatives were "spraying money around like drunken sailors in Tony Clement's riding" in the leadup to the G8 meetings, said Liberal Leader Michael Ignatieff.

"What we didn't know is that they lied to Parliament," Ignatieff said.

THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

▶ Green party Leader Elizabeth May, centre, speaks as Arno Schortinghuis pedals a bicycle to power the audio system during a rally in Vancouver, yesterday.

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Results will be published in the Loyalty and Rewards Special Feature in Metro on April 26.
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metro life panel

Latest poll shows Tory majority within reach

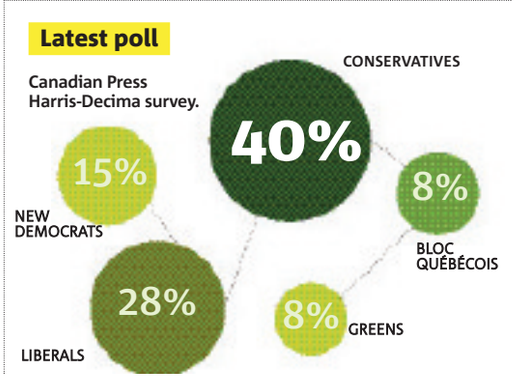
The Conservatives have opened a double-digit lead over the Liberals in the latest poll — and are knocking on majority's door.

The new Canadian Press Harris-Decima survey suggests Stephen Harper's party stands at 40 per cent, 12 points ahead of the Liberals, heading into the first of two televised leaders' debates.

The NDP was at 15 per cent, with the Bloc Québécois and the Greens trailing at eight per cent.

Last week, the two top parties were only seven points apart with the Tories leading 35 to 28 per cent.

The latest sampling of voter intentions suggests Liberal gains during the first week of the campaign might have been a short-term setback.



The telephone survey of 1,018 people was taken between April 7 and 10, and the results are considered accurate to within plus or minus 3.1 percentage points, 19 times out of 20.

The findings do not take into account the latest controversy to hit the Harper government, that is, yesterday's leaked draft report pointing to possible spending irregularities during last June's G8 summit.

THE CANADIAN PRESS

Nuclear threat at par with Chornobyl

Japan has raised the severity level of the crisis at its tsunami-stricken nuclear power plant to 7 — the highest level and equal to the 1986 disaster at Chornobyl in the former Soviet Union, reports say.

Yesterday, a new quake rattled Japan's northeast, killing one girl.

THE ASSOCIATED PRESS

BP STANDS FOR BIG POCKETS

BP buys Gulf Coast millions in gear

In the year since the oil spill on the Gulf of Mexico, officials along the coast have gone on a spending spree with BP money, dropping tens of millions of dollars on gadgets and other gear — much of which had little to do with the cleanup, an investigation shows.

The oil giant opened its chequebook while the crisis was unfolding last spring and poured hundreds of millions of dollars into Gulf Coast communities.

In sleepy Ocean Springs, Miss., reserve police officers got Tasers. Nearby Gulfport bought a $300,000 vacuum truck that never sucked up a drop of oil. A parish president in Louisiana bought herself a deluxe iPad. The mayor of Biloxi allegedly used BP money to buy a new Chevrolet Tahoe to replace the five-year-old model he drove on city business.

In every case, communities said the new equipment was needed to deal at least indirectly with the spill. In many instances, though, lots of money wound up in cities and towns that never even saw oil from the disaster.

All told, BP PLC says it has paid state and local governments more than $754 million US, and has reimbursed Washington an additional $694 million US. The contracts require states to provide the company with at least an annual report on how the money has been used. But it's unclear what consequences, if any, the states could face if they don't comply.

THE ASSOCIATED PRESS

IMF boosts outlook for Canada's economy

Risks for Canada in 2011 are deteriorating housing markets and rising household debt combined with weak U.S. economy and European debt

Canada's economy will grow by 2.8 per cent this year, up from an earlier forecast of 2.3 per cent, the International Monetary Fund said yesterday as it warned the world is facing new threats from surging oil prices, Mideast turmoil, higher inflation in China and Europe's debt woes.

In the face of these challenges, the IMF lowered its expectations for Canada for 2012 to 2.6 per cent compared with 2.7 per cent in an earlier forecast. The Canadian economy grew 3.1 per cent in 2010.

Meanwhile, the global economy should grow 4.4 per cent this year. That compares with growth of five per cent last year. The IMF projects industrial countries will grow 2.4 per cent while developing countries, a group that includes China, will grow more than twice as fast at 6.5 per cent.

STEPHEN JAFFE/IMF/THE ASSOCIATED PRESS

▶ IMF chief economist Olivier Blanchard

"The world economic recovery is gaining strength, but it is unbalanced," said Olivier Blanchard, the IMF's chief economist.

Blanchard said it is critical for countries running large government deficits, such as the United States, to make progress in getting those deficits under control. At the same time, countries with large trade surpluses, such as China, need to do more to boost domestic demand and not rely so heavily on exports to generate economic growth. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 211.57 (13,996.86)	+ 0.10 (104.55¢ US)
Oil	**Natural gas**
– $2.87 US ($109.92 US)	1,000 cu ft $4.108 US (+ 6.7¢ US)
	Gold contracts $1,468.10 US (– $6 US)

She says ...

JESSICA NAPIER

MESSAGE OVERLOAD

I'm not what you would call technologically inclined. I collect old typewriters, scribble all my appointments in a moleskin notebook and every cellphone I buy malfunctions just a few days after the warranty expires.

But as much as I hate technology, I hate being out of the loop even more. And so, this weekend I reluctantly downloaded LivePro-file — a new instant messaging app for my BlackBerry. Do I need yet another way to host multiple conversations on my mobile? Of course not.

And, yet, it would appear that our generation's voracious appetite for instant messaging still hasn't been satisfied. This latest cross-platform service quickly surged to one million users in just five days after launching an app for BlackBerry users at the end of March.

So if you were having trouble connecting with me via BBM, SMS, Gmail chat, Facebook, Skype, LinkedIn, Twitter, email and, oh yea, the actual telephone, there is now a brand new way to reach me on whatever smartphone of choice you have glued to your sweaty palm. Ironically, the more ways there are to stay in contact, the less connected I feel.

My desire to join the conversation (wherever it might be) means that quality correspondence gives way to compulsion. I routinely experience phantom vibrations (Google it) and like Pavlov's poor canine, I start salivating at the very sight of a blinking red light.

The pressure to keep up with the rapid dialogue these technologies facilitate diminishes our ability to nurture meaningful relationships. We let cellphones become the intrusive third wheel on dinner dates and scan status updates and online photo albums instead of planning face-to-face catch-up sessions.

So, has this brave new world of mobile messaging left us entirely out of touch with reality? Maybe not.

Last week I received a handwritten letter from a long-distance friend. This small note probably took her less than 20 minutes to compose, seal, stamp and mail and yet it was infinitely more meaningful than 20 days worth of instant messaging.

I read it over no less than three times before carefully placing the pages on a pin board in my bedroom — a much more tangible keepsake holder than my virtual catalogue on Pintrest.com.

I'll preserve the letter like an ancient relic of a time gone by to remind myself that every once in a while there is real value in going offline. Because maintaining a constant stream of texts, tweets, pins and posts doesn't really seem like networking anymore, it just seems like work.

Read more of Jessica Napier's columns at metronews.ca/shesays

Worth mentioning

The six humans circling the Earth said yesterday they will join in the celebrations of two prominent space anniversaries from the best vantage point of all — orbit.

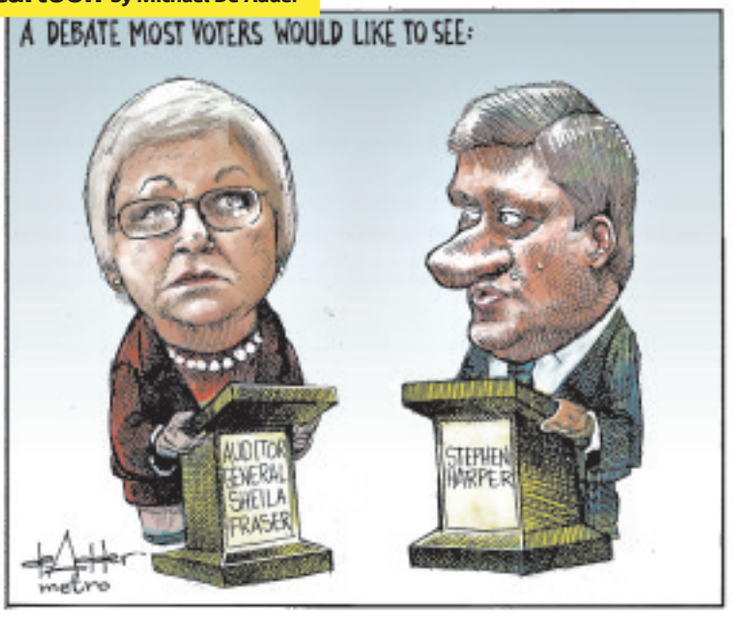
Today marks the 50th anniversary of man's first journey into space and the 30th anniversary of the first space shuttle launch.

"We're going to spend the day (today) recognizing it in probably the best place you possibly can, that's on orbit and looking at our beautiful Earth," American astronaut Ronald Garan Jr. told The Associated Press from the International Space Station.

The space station's Russian commander, Dmitry Kondratyev, said the human dream of flying to the stars came true with Soviet cosmonaut Yuri Gagarin's flight on April 12, 1961.

"Fifty years is a short period of time in history, but look at that leap from a small spacecraft to the huge International Space Station," Kondratyev told the AP. "We hope that during the next 50 years, another leap that is not less than has been done, will be done." THE ASSOCIATED PRESS

Cartoon by Michael De Adder



WEIRD NEWS

Bring apple for a teacher, snack for a judge

If you have to face a judge, try for first thing in the morning or right after lunch. A new study suggests that is when they are most lenient. Seeking to test the idea that justice depends on "what the judge ate for breakfast," researchers studied 1,112 rulings by Israeli judges who were presiding over boards deciding whether to grant parole to prisoners.

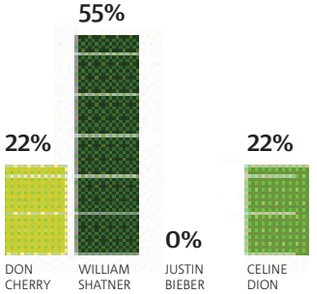
"We find that the likelihood of a favourable ruling is greater at the very beginning of the work day or after a food break than later in the sequence of cases," the researchers report in today's edition of Proceedings of the National Academy of Sciences.

They found that at the beginning of a court session about 65 per cent of the rulings tended to be in favour of the prisoner, but the chance of a favourable ruling declined to near zero by the end of the session. After a break for a meal, favourable rulings for the prisoners jumped back up to about 65 per cent, and then began declining again. And the pattern held true for each of the eight judges observed over 50 days, they noted. THE ASSOCIATED PRESS

metro life panel

Register at metrolifepanel.ca and take the quick poll

Forget the current federal leaders, who would make a better prime minister?



Local tweets

- **@Autumninthepeg:** Front side wheelie on a longboard through Confusion Corner is pure heaven. I was a witness, not a do-er. #springishere #Winnipeg
- **@Jeffiarmstrong:** I just spit out a dead fly from my tim hortons coffee. No joke. Do I tell somebody? #winnipeg
- **@KennyHuynh:** Lack of interactive ads on #Winnipeg transit. Baffling! Why don't they have QR, SMS & sites for the 100's of ppl w/ data phones?
- **@illmatic888:** Looks like its my Detroit Red Wings vs. Phoenix...or Hamilton....or Winnipeg...or Kansas City....or Vegas Coyotes. Either way, Wings in 6.
- **@Krystennant:** How come every construction site in Winnipeg either becomes a Tim Hortons or a credit union? How many more do we need?
- **@Gpaontherails:** After a refreshing two hour stopover in Winnipeg ... will be shortly heading back on the trails. Nice area. The Forks has great stuff.

metro

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When the NHL playoffs begin tomorrow, Canada's national pastime will be pervading our everyday lives To prepare you, here are the best movies to get your hockey mind in the mood for a long grueling Stanley Cup run

An all-star lineup of hockey's best movies

MVP (Best Overall): Slap Shot (1977)
Nothing has captured the rough-and-tumble life of hockey as well as Paul Newman leading the Charlestown Chiefs and those bloodthirsty Hanson Brothers. Based on a real 1970's semi-pro team called the Johnstown Jets, Slap Shot is the Wayne Gretzky of all hockey movies.

Most Sportsmanlike: The Rocket (2005)
This inspiring biopic about legendary Habs star Maurice Richard is remarkable for noting the struggles of a determined Francophone player in the NHL's brutally fierce early days. It earned nine Genie Awards including best actor for Roy Dupuis.

Most Improved (with time): Sudden Death (1995)
Sure, it may not be a hockey movie per se, but with Jean-Claude Van Damme trying to halt a terror attack during the Stanley Cup finals, Sudden Death is definitely worth revisiting. Besides, any movie featuring a three-minute fight scene between the Muscles from Brussels and the Pittsburgh Penguins mascot can't be that bad.

Player's Pick: Miracle (2004)
"I love (Miracle) simply because it's a huge moment in hockey history," said Vancouver Canucks forward Mason Raymond of the dramatic retelling of Team USA's gold-medal win in the 1980 Winter Olympics. "That movie shows everyone what hard work, team work and a bit of luck can give ... it should be mandatory for all future hockey players to watch that movie."

GETTY IMAGES

Top Prospect: Goon
Directed by Michael Dowse (Fubar) and starring Jay Baruchel from a script he co-wrote, this comedy about a bouncer who finds his calling as a hockey goon recently wrapped filming in Winnipeg and will undoubtedly cinematically reclaim the game for Canada when it hits theatres later this year.

STEVE GOW
SCENE@METRONEWS.CA

DVD Releases this week

Buy it | Rent it | Borrow it | Yawn | Don't bother

Harry Potter and the Deathly Hallows, Part 1
Genre: Fantasy
Director: David Yates
Stars: Daniel Radcliffe, Emma Watson, Rupert Grint

Trust is a life-or-death issue as Harry Potter's cinema swan song begins its two-part telling.

Disguised characters, concealed clues (and motives) and accusations of emotional deceit swirl in this seventh and most brutal chapter of the boy wizard's 10-year saga.

The high quality of the series remains. Returning director David Yates and screenwriter Steve Kloves remain attentive as ever to Rowlings' holy text, and the mood is as magic as always.

Wizardly school chums Harry (Daniel Radcliffe), Hermione (Emma Watson) and Ron (Rupert Grint) are back and on the run. So are nearly everyone and everything ever to lend a hand, claw or talon in Harry's decade-long battle against evil Lord Voldemort (Ralph Fiennes), which now approaches its violent conclusion.

PETER HOWELL

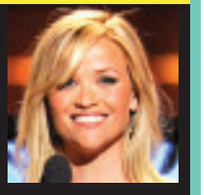
Country Strong
Genre: Drama
Director: Shana Feste
Stars: Garrett Hedlund, Gwyneth Paltrow, Leighton Meester

Country Strong attempts to make pop twangers out of actors Gwyneth Paltrow and Garrett Hedlund and serious thespians out of crooner Tim McGraw, and it succeeds only with the second half of the round-up.
Paltrow's Kelly Canter is more karaoke than country, but to be fair, it's not entirely her fault.
No one could redeem the insipid script and stumbling direction by Shana Feste.

PETER HOWELL

2 scene

Scene in brief



Reese Witherspoon mourns the loss of her privacy.

The Oscar-winning actress says she sometimes sits in her car crying because she cannot go out in public as much as she'd like.

Witherspoon says in the May issue of Vogue that although much of her life belongs to other people, but she wouldn't trade it.

The 35-year-old says that whatever she's lost, she's gained tenfold in life experience.

Witherspoon also says she feels blessed that her friends help provide some privacy.

Her latest film, Water for Elephants, will be released April 22.

THE ASSOCIATED PRESS

Rutgers students seek Bruce Springsteen to help polish school's image, counteract Snooki event

Halle thinks she's not the marrying kind

Blames poor choices in love on lack of a good male role model growing up

Halle Berry has decided, after some trial and error, that marriage just isn't for her, according to the Sun.

"I wish I had known then that I was not the marrying kind. It would have saved me a lot of time, heartache and grief over the years," Berry says.

The Oscar-winner attributes that behaviour in part to her upbringing: "My father left us when I was young and that did affect my life," Berry says. METRO

ALL PHOTOS GETTY IMAGES FILES

▶ Halle Berry

▶ Simon Cowell

Cowell's family fears burnout

With the U.S. version of his hit show X Factor set to launch, Simon Cowell is a busy man — perhaps too busy. "Simon's mom is freaking out. His family ... are telling him to slow down before his workload seriously damages his health." a source tells the Sun. Cowell is reportedly planning to be a judge on both the American and British editions of the show, but "he'd need a time machine to be physically able to appear on both the American and UK versions," another source says. METRO

▶ Kelly Osbourne

Osbourne worried about weight

Kelly Osbourne is reportedly considering gastric bypass surgery to maintain the results of her recent weight loss after she returned from vacation to find some of the weight coming back, according to the Daily Star.

"Kelly knows a gastric band would be drastic but she's desperate to keep the weight off," a source says.

The Fashion Police star is reportedly also worried about her standing as the face of Madonna's Material Girl fashion line. "She's scared of getting axed in favour of someone skinny," the source says. METRO

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club metro

A religious fattening

ISTOCK PHOTO

▶ A new study found people with higher religious participation were more prone to being obese.

New study finds that those with high religious participation were more likely to be obese Blame placed on calorie-rich comfort food

CELIA MILNE
LIFE@METRONEWS.CA

Something about religion makes people fatter.

New research in Chicago has found that young people who do religious activities at least once a week are twice as likely to become obese at middle age as those with no religious involvement.

"It is likely that the regular intake of traditional, calorie-rich comfort foods at religious gatherings is partially responsible for the greater risk of obesity that we found," lead researcher Matthew Feinstein told Metro.

Feinstein and colleagues from the Northwestern University Feinberg School of Medicine kept track of the religious habits and weights of 2,433 young men and women for 18 years.

"It is likely that the regular intake of traditional, calorie-rich comfort foods at religious gatherings is partially responsible for the greater risk of obesity that we found."
MATTHEW FEINSTEIN

At the beginning of the study subjects were between age 20 and 32, and all were a normal weight.

Several religions were included: Protestants, Catholics, Muslims and Jews. Those who had a high frequency of religious participation (attending at least once a week) were 50 per cent more likely to be obese by middle age.

Which comes first? Religion or obesity?

This study establishes that something connected to the high religious involvement is associated with weight gain over time, not that obese people take up religion.

Feinstein suggests religious groups should use their get-togethers to educate the faithful about preventing obesity through better nutrition and regular physical activity.

The data were presented at an American Heart Association scientific session in Atlanta, Ga.

The people in the study were part of a larger study called the Coronary Artery Risk Development in Young Adults. The object of the study was to find out which groups are at higher risk for obesity, and therefore diseases and earlier death.

The burden of bearing children

Are kids making parents less fit? Childless adults better at keeping in shape than peers

Could kids be to blame for new parents' bad health habits? A study found that mothers of young children were heavier and ate more calories, sugary drinks and fatty foods than childless women. Dads and moms in the study were less active than their peers without kids.

"This isn't a study about blame," said co-author Jerica Berge, a University of Minnesota researcher. "This is about identifying ... a very high-risk time period" for parents that doctors should be aware of so they can offer solutions, she said.

That may include diet advice, parent-child exercise classes, or just getting parents to take walks with their kids, the researchers said. The study involved 1,520 adults aged 25 on average, including parents with children younger than five years old. They were among more than 4,000 Minneapolis-area public school students enrolled in a study in their teens; the new study includes those who responded to followup surveys.
THE ASSOCIATED PRESS

ISTOCK PHOTO

▶ Parents with kids were found to be less active than their peers without children.

3 life

Still healthier

All in all, religious people do tend to live longer than non-religious people, mainly because religious people — as a cross-section of the population — tend not to smoke, says Matthew Feinstein, a researcher at Northwestern University.
CELIA MILNE

TV watching at meals indicator of more overall screen time for three-year-olds: Study

STIMULATE YOUR OVARIES

SETU BANDHA SARVANGASANA (Supported bridge pose)

- Lying flat on the floor, belly up, bend your knees so that your feet are as close to your buttocks as possible. Place your feet firmly on the ground.
- Inhale and on the exhale lift your pelvis and buttocks up, off the floor. Your thighs and inner feet should stay parallel to each other. Move your arms underneath you for extra support and clasp your hands together.

BADDA KONASANA (Cobbler's pose)

- Sitting on your mat with your legs straight out in front of you, exhale and bend your knees, pulling your heels toward you. Keeping your feet on the ground, drop your knees towards the ground, pressing the soles of your feet together. Do not push down on your thighs or force your knees further down than they want to go.

LEGS ON THE WALL POSE (Relaxation)

- Lie down on the ground with your buttocks as close to the wall as possible
- On an exhalation, slowly extend your legs up the wall so that your body forms a 90-degree angle. Continue inhaling and exhaling.
- Hold the pose for a few minutes before slowly lowering your legs to the ground.
- Lie down on the ground with your buttocks as close to the wall as possible.

BODYISM.COM

THINKSTOCK.COM

Want a baby? Try yoga

In conjunction with treatments such as IVF, it can be used as a natural tool to enhance fertility and increase your chances of conceiving

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

About one-third of infertility issues are said to be down to the women, and struggling to conceive remains very much a taboo subject in a world where we believe we can have anything — including babies on demand. But a woman's body must to be ready both physically and mentally in order to act as the baby's incubator for nine months.

The most common cause of infertility is dysfunctional ovulation, the monthly releasing of eggs.

Issues such as stress or hormonal imbalances can cause irregularity or altogether stop this process.

Yoga teacher Jane Kersel explains how the mounting pressure from the constant need to try for a baby can become overpowering and verging on obsessive.

"A woman can enter a pushy mindset of 'this has to happen,' impacting the couple intimately and turning sex into little more than a baby-making tool. You can't conceive a baby like you set up a board meeting," she says.

Going through infertility issues is stressful, and when we are stressed, some feel that their body betrays them. We breathe shallowly and the body holds on to the fear and stores this as stress, says Natalie Engler, a practitioner of restorative yoga.

"Stress releases the hormone cortisol, and high levels of this may interfere with reproductive hormone function responsible for ovulation and healthy gynecological function," she adds.

The body sees stress as an invader, signalling to the body that now is not a good time to get pregnant. As an ancient practice developed at a time when people didn't separate the body from the mind, yoga acts as a trigger for relaxation.

"In yoga, the body and mind continuum is inseparable," explains yogi Dr. Robin Saraswati Tiberi, whose teaches classes focused on fertility.

"Stress makes our biological clock age faster so by reducing stress, yoga helps control this premature ageing."

Authentic (and gluten-free) Mexican cuisine

While La Bamba needs to work on some aspects of its menu, it still satisfies

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

Tucked away behind busy Osborne Street near Confusion Corner, La Bamba prides itself on authentic Mexican cuisine.

This is not the place for massive Tex-Mex burritos drowning in cheese.

Instead, you'll find a simple one-page lunch menu offering quesadillas, nachos or light options like traditional Mexican tortilla soup ($4.99) or a Caesar Salad ($4.99) that the restaurant claims is a Mexican dish.

La Bamba
22-222 Osborne St.
415-5713
bamba.ca
Hours: Mon - Sun (12 - 9 p.m.)
Lunch with co-workers: Yes
Licensed: Yes
Price range: $4.99 - $12.99
Rating: 3.5 out of 5

PAY CHEN

▶ Enchiladas Chipotle.

Fresh corn tortilla chips and a bright salsa verde with just enough kick are brought by our friendly server.

The Enchiladas Chipotle ($12.99) are two corn tortillas with shredded chicken simmered in chipotle sauce, topped with some fresco cheese and served with rice and beans. The chipotle doesn't pack as much heat as expected.

The enchiladas are simple and light but they're also a little light on chicken.

As a bonus for anyone who is gluten-intolerant, this homemade Mexican menu is almost entirely gluten-free.

U.S. FARM-RAISED CATFISH/ CATFISHINSTITUTE.CA

Oh Boy! Po' Boy Catfish Sandwich

EMILY RICHARDS
FOOD@METRONEWS. CA

Ingredients:

- ½ cup (125 mL) all-purpose flour
- 1 egg
- ¼ cup (50 mL) milk
- 1 cup (250 mL) cornmeal
- 1 tsp (5 mL) each cayenne pepper, garlic powder and salt
- 4 catfish fillets, 6 to 8 oz (180 to 250 g) each
- 2 tbsp (30 mL) oil
- ½ cup (125 mL) mayo
- 1 tsp (5 mL) grainy Dijon mustard
- 4 submarine rolls
- 2 tomatoes, sliced
- 2 cups (500 mL) shredded lettuce
- 4 lemon wedges

Preparation:

1. Place flour into dish. In another dish, whisk egg with milk. In a third dish combine cornmeal, cayenne, garlic and salt. Dip each catfish fillet into flour; shake off excess. Dip into egg mix followed by cornmeal mix, coating well.
2. In skillet, heat oil over medium-high heat and add 2 fillets. Cook for about 4 minutes per side or until a deep golden brown and fish flakes easily with a fork. Repeat with remaining fillets, adding more oil if needed.
3. Meanwhile, in bowl, stir mayonnaise with mustard and slice rolls in half horizontally. Spread bottom half of each roll with mayonnaise and top with sliced tomatoes and shredded lettuce. Top with cooked fish fillet and serve with lemon wedges.

CATFISHINSTITUTE.CA
EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Indian food gets a healthy makeover

Bal Arneson's new cookbook puts a modern twist on classic Indian fare

Many Canadians believe that Indian food is fattening and full of cream, but Bal Arneson is out to correct those misconceptions.

"To speed preparation, many Indian restaurants find it easier to add cream and fat to their dishes such as butter chicken," she says.

Growing up in a village in Punjab, India, the mother of two who lives with her husband, Brad Arneson, in Port Coquitlam, B.C., learned from the age of nine to cook healthy food.

"In my village, cream and butter were never used on a daily basis. They are considered luxuries and were used only during festivals and special occasions like weddings."

In fact, Arneson says, recipes were simple and vegetarian.

"We ate beans and lentils, fruits, vegetables and herbs and spices from our own gardens."

In her second book, Bal's Quick and Healthy Indian (Whitecap, $29.95, paperback), Arneson presents the health benefits of eating classic Indian meals with a modern twist.

For example, she takes Mini Bison Patties and infuses them with mango, ginger, fennel seeds and ground cumin as well as turmeric masala.

She blends maple syrup and cardamom, cumin and ginger and brushes the mix on grilled salmon.

Because these spices are so pungent purchased in seed form, she crushes the seeds in a coffee grinder and uses them immediately "because once they're opened and turned into powder that's when the shelf life starts ticking."

Bal suggests when purchasing Indian spices in small quantities, it's preferable to buy them at Indian grocery stores.

"I often buy them in small bags from bulk bins and throw them in the freezer so the flavour stays intact," she says.

To keep her food costs down, Bal will occasionally do a big shopping trip and buy beans, lentils and rice (preferably brown organic) and large bags to make rotis. These are an unleavened griddle-baked bread not unlike crepes.

There is an abundance of recipes in this book for salads, soups, roasts, chicken dishes, vegetable and meat entrees as well as Indian-inspired desserts.

Arneson now appears regularly on Food Network Canada hosting Spice Goddess. **THE CANADIAN PRESS**

CRA calling? Pick up!

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Remember what it felt like to be sent to the principal's office? There you sat, terrified of the consequences, fearing your parents would be told of your transgression and convinced that life, as you knew it, had come to an end.

Fast forward into adulthood and even a mere query from the Canada Revenue Agency is enough to put you right back on that hard chair, stomach churning, as you waited for an audience with the principal.

Whether it is a query, a re-assessment or a full-blown audit, H & R Block offers seven tips to help you get through it.

Deal with it: Don't ignore those brown CRA envelopes. Open. Read. Act. And if you get a phone call return it promptly. Sticking your head in the sand definitely does not work with the CRA.

Meet the deadlines: Whether it's a request for moving expenses or proof of childcare costs, there will be a deadline which you should note in big red letters on your calendar. Otherwise you risk re-assessment and denial of the claim or credit. However the CRA will often extend a deadline if you call in advance.

Find your paperwork: The CRA will not be sympathetic if you plead disorganization. Lost or missing paperwork will only make the process longer and the likelihood of unfavourable reassessment greater.

Ignore tips from friends: Your friend may be claiming a boat on a lake up north somewhere as an employment expense but don't be tempted to follow suit. Same goes for things such as cell phones. Employment expenses can only be claimed with form T2200 and must be included in your employment contract.

Pay up front: Pay any balance after a re-assessment immediately. You can file a Notice of Objection if you disagree. If you are successful you'll be refunded the money and if not you'll have avoided interest charges during the process.

Stand up for yourself: The CRA can be heavy handed. If you feel the CRA treatment has been unreasonable or unfair complain to the Taxpayers' Ombudsman Office which ensures the Taxpayers' Bill of Rights is being upheld.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

PRE-NUPTIAL PANIC?

Sometimes people feel the need to protect their net worth from their partner. Perhaps there's a great disparity between assets or income or this is a second marriage. Children from a previous union might be involved or one partner could own a business. Other times; there are trust issues. Generally, whatever is accumulated during a marriage or a recognized common-law union is considered community property and would be divided equally during divorce and separation proceedings.

But, tools such as cohabitation and prenuptial agreements can be signed prior to joining households. These papers define rights, obligations and how each partner wants to own their assets if the union ends.

Regardless of your personal view, take an inventory of all your assets prior to marriage or moving in. Sometimes asset values (or entitlement) can get blurred through divorce and separation proceedings. By having a clear record of what you own and its value (use an appraiser if you need to and keep your receipts), asset values will be very clear.

The alternative to having a legal agreement is complying with divorce and separation laws, which can have some very unintended and uncontrollable outcomes.

'HOT' FOR EACH OTHER

Names: Glen, 31, and Kelly, 32

Hometown: Winnipeg

Together since: 2006

Their story:

▶ Glen and his wife Kelly.

I (Glen) met my wife Kelly online. We didn't meet on a dating site per se, but rather on hotornot.com. (For those not familiar with the site, anyone can upload a photo of him/herself for others to view and rate on a scale of one to 10. If you're looking to meet someone, there's also a section where you can post a brief personal profile and 'like' profiles of others whom you are interested in.)

Kelly 'liked' my profile and photo, and the rest, as they say, is history. We chatted online and on the phone for about six weeks before we met in person. Kelly has a daughter, Kassidy, so she was very cautious; she wanted to be sure I wasn't a creep! In those conversations, we discovered that we had a lot in common and even started to finish each other's sentences! Kelly actually canceled our first date out of nervousness; she thought things were too good to be true and that one of us would be disappointed. Fortunately, I managed to talk her into it, and when we finally did meet, it was incredible!

We were married in October 2009 and, last September, we welcomed a handsome baby boy, Lexan!

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HE'S FLIRTING WITH FIRE

Two Sisters

ANDREA & CLAIRE
RELATIONSHIPS
@METRONEWS.CA

I'm in a great relationship with my girlfriend of 3 years. Lately though, I've been hanging out with her friend who now works for the same company I do. My girlfriend is ok with it, and nothing's going on, but her friend's a little flirtatious. Is it still ok to hang out as long as no moves are made?
-Want to Do the Right Thing

Claire: Dear DTRT,

Tick tock...tick tock. That's the sound of a bomb waiting to blow, my friend. If you're uncomfortable enough to ask whether or not a line's being crossed, then maybe you should back off. If you really like hanging out with her platonically, make yourself more comfortable. First step is to avoid those intimate one-on-ones. Go out for lunch in groups, avoid her when drunk at the office Christmas party. Every now and then, talk about how great your girlfriend is. Mention how you speak to her in weird baby voices, and what your next vacation together will be like. Keep the venting strictly for boys and beer. Sometimes we send mixed signals because we are attracted to the other person on some level, so make her as unattractive to you as possible. I once had an ill-advised crush, and got over it by focusing on his abnormally long nostrils. Works like a charm, unless you're into freaky nostrils.

Andrea: Andrea may be my half sister, but we are in full agreement on this one. The fact that you'd even write this is a sign that you've thought about it going further (which is normal, but dangerous). We spend more time at work than we do at home (how depressing is that?), so it's fair to say you could end up spending a lot more time with Flirt Central, than with your actual girlfriend. It's that stereotypical slippery slope that starts with her stopping by your desk to borrow a Post-It, and ends with you imagining her on your desk, doing things that have nothing to do with Post-Its. Resist the urge, that oh-so-tempting-and-understandable urge to flirt back, and no, of course I'm not saying this because this is exactly completely and totally how my ex became my ex, and is now married to his Post-It hungry colleague. Course not. Nope. So, since you asked, the rules are: group lunches only, burp often and loudly, scratch often and blatantly, and swear like a rabid trucker.

What's new on campus?

Check out what's happening at a post-secondary institution near you

MIRIAM OSBORNE
LIFE@METRONEWS.CA

SANCHOM/FLICKR

University of Winnipeg

Red River College salutes sustainability

Red River College (RRC) has joined the Province of Manitoba and several other partners to make the commitment to use "Lake Friendly" cleaning products in its facilities. In an announcement, Sara MacArthur, RRC's Manager of Sustainability, said: "As part of our commitment to being a sustainability leader, we are pleased to do our part in helping restore the health of Lake Winnipeg by using Lake Friendly products." In addition to RRC and the Province, other Lake Friendly partners include the University of Manitoba, University of Winnipeg, Manitoba Hydro, Manitoba Lotteries and St. John's Ravenscourt School.

The Lake Winnipeg South Basin Mayors and Reeves Inc., with financial support from the province, developed the Lake Friendly products campaign to promote the use of environmentally friendly products by individuals and businesses within the Lake Winnipeg basin. Lake Friendly products have been certified under Canada's EcoLogo program, which includes rigorous testing by independent agencies.

Plane crash survivors tell their chilling story at University of Manitoba

For the first time in Canada, survivors of a 1972 plane crash told their story of what happened during 72 days on a cold Andes peak. Hosted by the University of Manitoba Office of Student Life, Jose "Coche" Luis Inciarte and Gustavo Zerbino engaged the audience of 500 with their dramatic account of the event, the decisions they were forced to make and the inspiration that kept them alive. On October 13, 1972, they were on Uruguayan Flight 571 with five crew and 38 other passengers when it crashed into the Andes Mountain range. After ten days, the survivors heard by radio that the search had been called off. On December 22, 1972, the world learned that despite seemingly insurmountable challenges, 16 individuals had defied the odds and were found alive. The event took place in the University Centre at the University of Manitoba. By sharing with others what they had to live through, their intention is to motivate others to overcome adversity, regardless of the circumstances.

University of Winnipeg compete in satellite design competition

Geocentrix Technologies Ltd. announced that the University of Winnipeg is among teams competing for Canada's first Canadian Satellite Design Challenge (CSDC). This Canada-wide university competition is challenging universities to create new innovative satellite designs that may lead to advancements in this industry.

The challenge runs over two academic years and the winning team will be selected in late 2012, with the intention of launching its satellite into orbit to conduct a science research mission. Excitement is mounting as the teams work towards the first project milestone: a Preliminary Design Review, where experienced engineers and scientists from Canadian space industry will evaluate their initial designs. The CSDC will give participating students a solid foundation in satellite design, project management, and working in a large, inter-disciplinary team setting. This experience will also give the students an immense advantage when they graduate and begin looking for careers in the Canadian space industry or other high-tech companies.

Canadian Mennonite University gives peace a chance

In order to foster a dream of a more peaceful world, Canadian Mennonite University is hosting some of the world's foremost peace building practitioners and teachers for its 3rd annual Canadian School of Peace building (CSOP) in Winnipeg from June 6 to 24. Participants can take the available courses for personal or professional development or for academic credit. CSOP will host mediators, teachers, authors, relief workers, and founders of various organizations.

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4 sports

Hockeytown springs into action again

Red Wings haven't sat out a playoff race since 1990 Can never be counted out as a Cup contender

As familiar as warm weather and rain is an appearance by the Detroit Red Wings in the Stanley Cup playoffs.

For the past 13 seasons they have been joined by the New Jersey Devils, but that has changed because the one constant team in the Eastern Conference didn't measure up this year. Detroit's dominance dates even further: Not since 1990 have the Red Wings sat out the race for the Cup.

Captain Nicklas Lidstrom, in his 19th NHL season, has seen it all. Throughout his surely Hall of Fame career, Lidstrom has worn only a winged wheel sweater and has never missed the playoffs.

He got a bit of a scare last year when Detroit qualified as a No. 5 seed. But Lidstrom and the Red Wings still managed to reach the second round with a tough seven-game series win over the Phoenix Coyotes — their first-round opponent again.

"Having been with such a good organization for 20 years, and being part of a winning tradition here, you almost take it for granted," Lidstrom said. "Last year was the hardest one where we really had to focus and get some wins and had our backs up against the wall for pretty much the whole season."

"It's always been fun going into the playoffs. People are always waiting for April to come around for the playoffs."
WINGS CAPTAIN NICKLAS LIDSTROM

During this 20-season run, Detroit has captured the Cup four times and been to the finals in two other years.

The Central Division champions own the No. 3 seed this time. If they advance past Phoenix again, they could pose a serious threat to the Presidents' Trophy-winning Vancouver Canucks and the second-seeded San Jose Sharks, who are still seeking their first trip to the finals.

The Canucks have been knocked out in the second round by Chicago in two consecutive years. The Blackhawks rode last season's win all the way to the Stanley Cup title and will likely have confidence again when they take on Vancouver in the first round. THE ASSOCIATED PRESS

GREGORY SHAMUS/GETTY IMAGES

▶ Captain Nicklas Lidstrom and star forward Henrik Zetterberg of the Detroit Red Wings look poised for another long post-season run this spring.

Sports in brief

1 Kim Clijsters cracked her ankle last weekend and will likely miss the French Open starting May 22.

2 Don Cherry picked the Boston Bruins to beat the Montreal Canadiens in the first round.

3 Clay Buchholz was guaranteed just under $30 million US as part of a new agreement with the Red Sox that runs through 2015.
THE CANADIAN PRESS/ THE ASSOCIATED PRESS

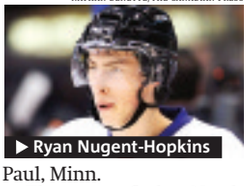
WHLer tops draft rankings

Centre Ryan Nugent-Hopkins of the WHL's Red Deer Rebels tops all North American draft-eligible players, according to the NHL Central Scouting Bureau final rankings.

Defenceman Adam Larsson of the Swedish Elite League is the top European prospect.

The 2011 NHL draft is scheduled for June in St. Paul, Minn.

NATHAN DENETTE/THE CANADIAN PRESS



▶ Ryan Nugent-Hopkins

The rest of the North American Top 5 are left-winger Gabriel Landeskog of the Kitchener Rangers, centre Jonathan Huberdeau of the Saint John Sea Dogs, defenceman Dougie Hamilton of the Niagara IceDogs and defenceman Nathan Beaulieu of the Saint John Sea Dogs.

The final ranking covers the top 210 skaters and 30 goaltenders in North America, as well as the top 140 skaters and 10 goaltenders from Europe.
THE CANADIAN PRESS

Sports in brief

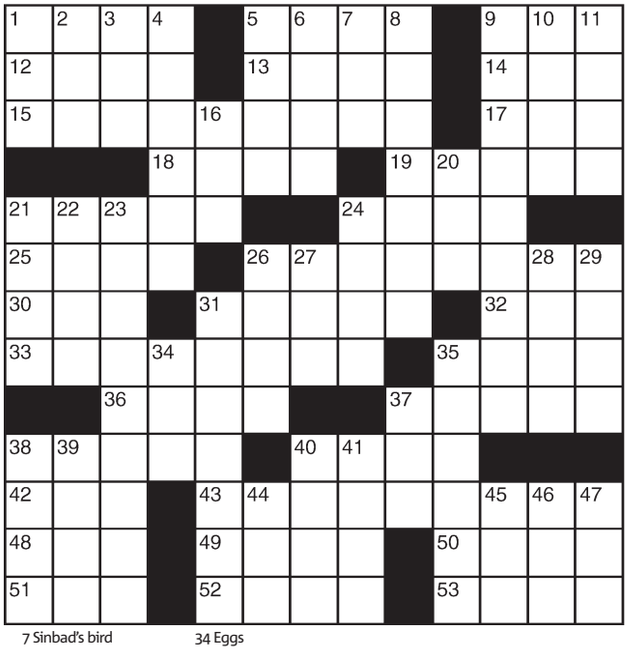
Judge orders NFL mediation

MINNESOTA. The judge handling the lawsuit against the NFL ordered the sides to participate in court-supervised mediation, while saying yesterday she is still considering whether to grant a request for a preliminary injunction to lift the lockout.
THE ASSOCIATED PRESS

UConn star to enter draft

NCAA. Connecticut has called a news conference for today with guard Kemba Walker, where it is expected the junior star will announce that he will enter the NBA draft.
THE ASSOCIATED PRESS

Crossword



Across

1 Loony
5 Actress Sorvino
9 "That's a laugh!"
12 Reed instrument
13 Black, in poetry
14 Hearty brew
15 Mouth organ
17 Tier
18 Asset
19 Physician of ancient Greece
21 Was sore
24 Great Lake
25 Carson predecessor
26 "All Quiet on the Western Front" author
30 Blunder
31 Automaton
32 "Born in the —"
33 Suave
35 Hastened
36 Terrible guy?
37 Gives temporarily
38 Dr. Salk
40 Entrance
42 Early bird?
43 Teen sibs of whodunit fame
48 Before
49 Did surveillance on
50 Touch
51 Apiece
52 Stitches
53 Viscous

Down

1 Homer's outcry
2 Lawyers' org.
3 Supporting
4 Composure
5 Options list
6 Wading bird
7 Sinbad's bird
8 Turn of phrase?
9 Pantomime jester
10 Lotion additive
11 Chopped
16 Antiquated
20 Melody
21 Mimicked
22 Give a darn
23 Omen
24 Like certain profs.
26 Equine coloration
27 Inventor Whitney
28 Second-hand
29 George of "CSI"
31 Grinds one's teeth
34 Eggs
35 Kind of tea
37 Myrna of Hollywood
38 Military vehicle
39 Shrek is one
40 Sketched
41 Probability
44 Sailor's assent
45 Japanese sash
46 "Tasty!"
47 Messy place

▶ Yesterday's answer

A	J	A	R	■	O	L	D	■	A	S	P	S
M	A	N	E	A	T	E	R	■	B	E	E	P
P	R	I	X	F	I	X	E	■	B	A	R	E
■	■	■	A	R	S	■	A	T	O	M	I	C
A	N	G	L	O	■	B	R	U	T	■	■	■
P	O	O	L	■	C	L	I	N	T	O	N	■
E	R	R	■	S	H	U	L	A	■	D	E	S
■	M	Y	S	T	E	R	Y	■	M	O	S	T
■	■	■	K	E	Y	S	■	F	O	R	T	Y
E	X	H	U	M	E	■	A	I	D	■	■	■
I	R	O	N	■	N	E	X	T	E	X	I	T
R	A	N	K	■	N	A	I	S	M	I	T	H
E	Y	E	S	■	E	R	S	■	S	I	T	E

Sudoku

3	2						8	6
			3		2			
5		6				4		3
		1	7		6	3		
	9						6	
		3	4		8	2		
8		2				5		4
			6		5			
1	4						7	9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy 6 1/2 years babba bum Loving u & needing u always. Thank u for being my best friend and all i have ever wanted, quatra ever!!! Love u more than that, my #1 travel partner

Michael, Happy Birthday sweetheart. I cant imagine if we didn't bump into each other that day. Im sorry I couldnt pull through this weekend. Your amazing, smart, funny & sexy but hurry up & fix yourself so we can run away together. **B**

Alex, words can not describe how much I adore you. I am so excited to marry you and start a family with you! I couldn't have asked for a better husband-to-be! I LOVE YOU!!! **CHRISTI**

Bling Bling Jonghyun Happy birthday pupsaurus! Wish you all the best and may SHINee continues to shine forever~<3 **XOXO CARMEN**

A look at the weather

BT BREAKFAST TELEVISION

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

TODAY	WEDNESDAY	THURSDAY
Min 3° Max 13°	Min -8° Max 1°	Min -7° Max 8°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The more you're tempted to take a risk, the more you should remind yourself there's no need.

♉ Taurus April 21-May 21 What looks like a problem now won't be one for long.

♊ Gemini May 22-June 21 If you make an error of some kind today, you must put it right the first chance you get.

♋ Cancer June 22-July 22 If you are not entirely sure you are doing the right thing, it might be better to do nothing at all.

♌ Leo July 23-Aug.23 Be careful what you say because a rival is looking for a reason to catch you and make you look bad.

♍ Virgo Aug. 24- Sept. 22 If you have skeletons in your closet, you must have a plan for when they're revealed.

♎ Libra Sept. 23-Oct. 23 Someone will say things to provoke you. Don't take the bait.

♏ Scorpio Oct. 24-Nov. 22 It's good to take your responsibilities seriously but don't let them take over your entire life.

♐ Sagittarius Nov. 23-Dec. 21 Be wary of someone who tries to coax you into taking a risk.

♑ Capricorn Dec. 22-Jan. 20 You are not responsible for all the bad things that happen in other people's lives.

♒ Aquarius Jan. 21-Feb. 18 Stick with what you have got, at least for the moment, and don't get greedy.

♓ Pisces Feb. 19-March 20. An individual who lacks common senese needs your help today.

SALLY BROMPTON

Caption contest

MARTIAL TREZZINI/THE ASSOCIATED PRESS

GERO BRELOER/ THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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